

Secondary School

SPORT PROGRAM



2026



Arndell
Anglican College

Celebrating
35
years
1990-2025

Table of Contents

Welcome	2
Our Sport Philosophy	3
Communication	4
Event Permissions & Information	5
Sporting Pathways	6
HZSA Sport Program	7
HZSA Team Sports Available in 2026	8
Individual Sport Representation	10
Other Sport Pathways	11
Sport & Training Expectations	12
Transport & Student Collection	12
Uniform Requirements	13
Sports Code of Conduct	14
Student Achievements	15
Sports Awards	16
Feedback & Review	17
FAQ's	18

Welcome

Welcome to another exciting year of the College Sports Program at our Secondary School!

This booklet provides comprehensive information on the individual and team sports available to Secondary School students in Semester 1 and 2. You'll find details about the Hills Zone Sporting Association (HZSA) and other representative pathways for both team and individual sports.

This booklet also outlines the representative pathways available to our Secondary School students, the sign up processes for all sports (team and individual), player expectations, uniform requirements, and the Sports Code of Conduct for students and parent/carers. Additionally, we've included important information about transportation and student collection, as well as a FAQs section for your convenience.



Mr Peter Gordon

Head of PDHPE & Sport P-12

peter.gordon@arndell.nsw.edu.au



Our Sport Philosophy

The Arndell Sport Program welcomes students of diverse skill levels, aiming to ensure a positive and enjoyable experience for all players. We value selflessness and a genuine team first ethos while promoting resilience, perseverance, cooperation and respect.





It is a student's responsibility to check their emails daily for nomination dates, confirmations, trial dates and details and any last-minute changes to games including cancellations or postponements.

Communication


The main avenue for sport information is via the Secondary School Sports Scene and emails distributed by the Head of PDHPE & Sport P-12.

The Sports Scene is distributed via email and College App each Monday, it contains information regarding College and representative sport sign ups, links to the HZSA weekly draws and upcoming sporting event dates and details.

Any games that have changed, cancelled or postponed will be notified by email and broadcast via the College App.


Please note, all Associations have strict cut offs for nominations and trials that must be adhered to. It is the individual student's responsibility to seek information and to make application for sport opportunities they are interested in pursuing before the cut off dates.

SECONDARY SCHOOL
Sports Scene


Arndell
Anglican College
TERM 3 | WEEK 3


Event	Date / Location	Details
HZSA Semester 2 Afternoon Sport Competition Commences	From Monday 4 August (Week 3)	Click here to check the draw weekly as fixtures may change.
HZSA Athletics Carnival	Tuesday 26 August Sydney Olympic Park Athletics Centre	Qualifying students will be notified after the College Athletics Carnival and permissions will be sent via the College App.
Secondary School Sports Achievement Ceremony	Thursday 28 August 10:00am - 10:40am College Gym	Parents/carers of award recipients will be notified closer to the event.
AICES Athletics Carnival	Tuesday 9 September Sydney Olympic Park Athletics Centre	Qualifying students will be notified after the HZSA Athletics Carnival and permissions will be sent via the College App.
CIS Athletics Carnival	Tuesday 23 September Sydney Olympic Park Athletics Centre	Qualifying students will be notified after the AICES Athletics Carnival and permissions will be sent via the College App.

Refer to the upcoming nomination and trial dates for HZSA, AICES, and CIS sports on the following pages.


**HZSA Afternoon Sport Program - Weekly Draw**


Students who are participating in the Semester 2 HZSA Afternoon Sport Program are reminded to check the draw weekly for their fixtures as time can vary each week. Any changes to locations or wet weather will be notified via email and/or College App by the Sports Administrator.

[CLICK HERE](#)

**Students Reminder - Check Your Emails Daily**

Students involved in the College Sporting Program must check their emails daily for important updates from Mr Gordon or the Events & Sports Coordinator. It is the students' responsibility to stay informed about sign-ups, trials, event details, and schedule changes.

**For Sports released questions, please email the College Events & Sports Coordinator**
via sport@arndell.nsw.edu.au

**HEAD OF PDHPE & SPORT P-12**
MR PETER GORDON

Has your child been selected as part of a representative team or placed at a high-level competition within the community? We'd love to celebrate them on our social media channels. Please send a brief paragraph and photo to sport@arndell.nsw.edu.au

Further Information

Further information regarding representative sport can be found on the below websites:

- Hills Zone Sports Association (HZSA) www.hzsa.com.au
- Association of Independent Co-Educational Schools (AICES) www.aices.com.au
- New South Wales Combined Independent Schools (NSWCIS) www.cis.nsw.edu.au

Event Permissions & Information

College App & Parent Portal

A notification will be sent to parent/carers via the College App and/or email to grant permission for their child to attend an event.

All events require parent/carer permission for the student to attend, this includes College Carnivals held at an external venue and all sport where a student is representing the College such as the HZSA Afternoon Sport Program or representative sport.

Details about the event are provided in the Information Note attached to the event and can be accessed via the College App and the Parent Portal.

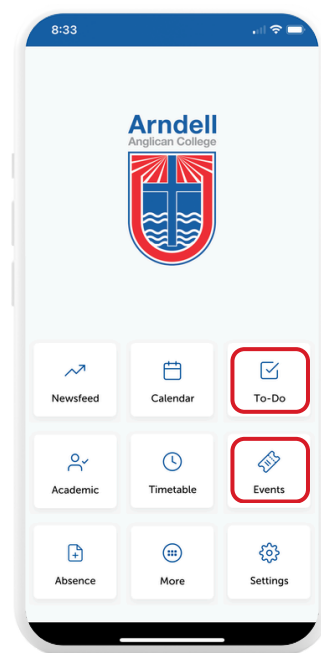
App & Portal User Guides

For instructions on how to download the College App, or to obtain the User Guides for the College App or Parent Portal, please visit

<https://www.arndell.nsw.edu.au/parent-information/parent-portal/>

Granting Permission on the App

- Go to the “To Do” tile on the College App
- Click on the child
- Click on the event
- Click on Grant or Deny



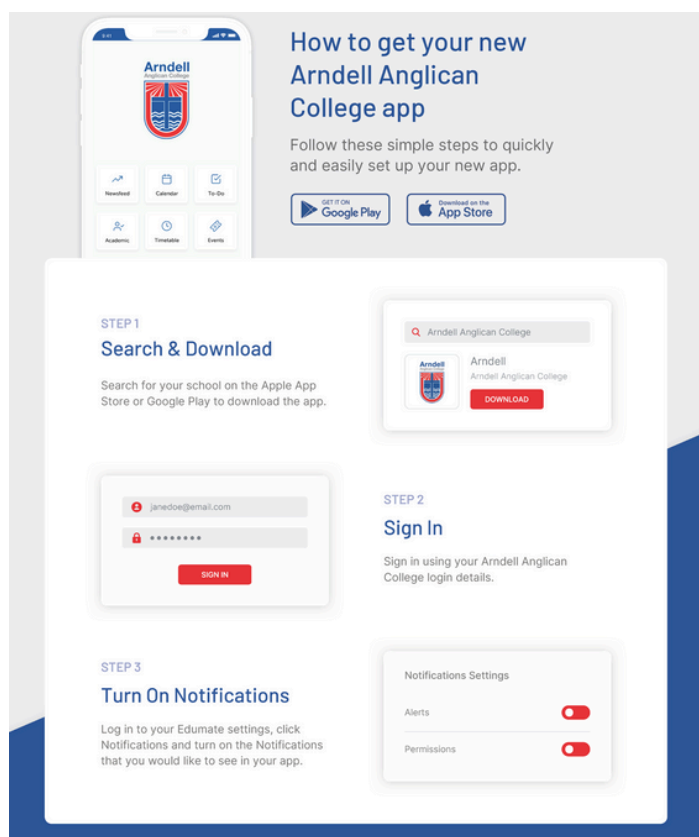
Finding Event Information

After you have granted permission for your child to attend the event, the information moves from the “To Do” tile to the “Events” tile

- Go to the “Events” tile on the College App
- Click on the child
- Click on the event and the details including all attachments will display


Changing Permission

Please note, once you grant permission for your child to attend or not attend the event you are unable to go back into the College App and change permissions. If you need to change permissions for sport events, please email sport@arndell.nsw.edu.au



Sporting Pathways

Offered to Secondary School Students

Representative Level	Description	Student Expectation
	<p>All students participate in College Carnivals and the College Sports Program.</p> <p>Events include:</p> <ul style="list-style-type: none">• College Carnivals• Afternoon Sports	<p>All students are expected to participate.</p>
	<p>The College is part of the Hills Zone Sports Association (HZSA), this is the College's zone level.</p> <p>Events include:</p> <ul style="list-style-type: none">• Afternoon Sports Program• Championship Days• Gala Days• Individual Trials• Carnivals	<p>While some sports are competitive, all students are welcome to sign up or trial at these events, therefore:</p> <ul style="list-style-type: none">• Opens level can be attended by any students from Years 9 - 12.• U15s level can be attended by any students from Years 7 - 9 (age restricted). HZSA does prefer for students to wait until they are in Year 8 to compete. If you are in Year 7, please discuss your nomination with the Head of PDHPE & Sport P-12 before nominating. <p>Students should be playing the sport competitively, though not a requirement.</p>
	<p>HZSA is part of the Association of Independent Co-Educational Schools (AICES), which is the College's regional level.</p> <p>Events include:</p> <ul style="list-style-type: none">• Individual Sport Trials• Carnivals• GPS Schools• CC Schools• Other Independent Schools• High Level Sport - student must play Rep level	<p>This is a high level of representation. Students from 72 Independent Schools have access to trial at these events, therefore:</p> <ul style="list-style-type: none">• Opens level can be attended by any students from Years 10 – 12.• U15s level can be attended by any students from Years 8 – 9 (age restricted). <p>Student must show evidence of representative participation in their sport. Sport specific consideration is given.</p>
	<p>AICES is under the New South Wales Combined Independent Schools (NSWCIS) umbrella.</p> <p>This pathway leads to NSW All-Schools competition. Selection is via nomination or selection - student must play Rep level.</p>	<p>This is the highest level of representation in our pathway system. Students from all GPS, Christian and AICES schools have access to trial at these events, therefore:</p> <ul style="list-style-type: none">• Opens level can be attended by any students from Years 11 – 12. If a student is representing at State level in Year 10, the student may qualify to attend.• U15s level can be attended by any students from Years 8 – 9 (age restricted). <p>Student must show evidence of HIGH-LEVEL representative participation in their sport.</p>

HZSA Sport Program

Nomination and Sign Up Process

Wherever possible, we seek to have all students involved in the HZSA Sport Program, if they desire. While there is certainly a higher level of competitiveness and greater attention on winning, the focus is always on fair play, enjoyment and teamwork.

Team Trials

When there are more students signed up for a team than needed, including substitutes, students will be notified, and a trial will be held. This means some students may not be selected for the team. Students are informed about entry and trial requirements during the sign up process via email and are notified of selections in the same way.

Student Commitment

It is essential that students are certain they can commit to the team for the entire season. Entries to HZSA competitions are based on sign ups and therefore having to withdraw a team before, at the start, or during the competition impacts heavily on the HZSA Administrator, other participating schools and the students who have signed up for that particular team.

Sign Up Process

Step 1:

Sign up with parent/carer consent via an Online Registration Form. A link to the Online Registration Form will be emailed to students by the Head of PDHPE & Sport P-12 and published in the Secondary School Sports Scene

Step 2:

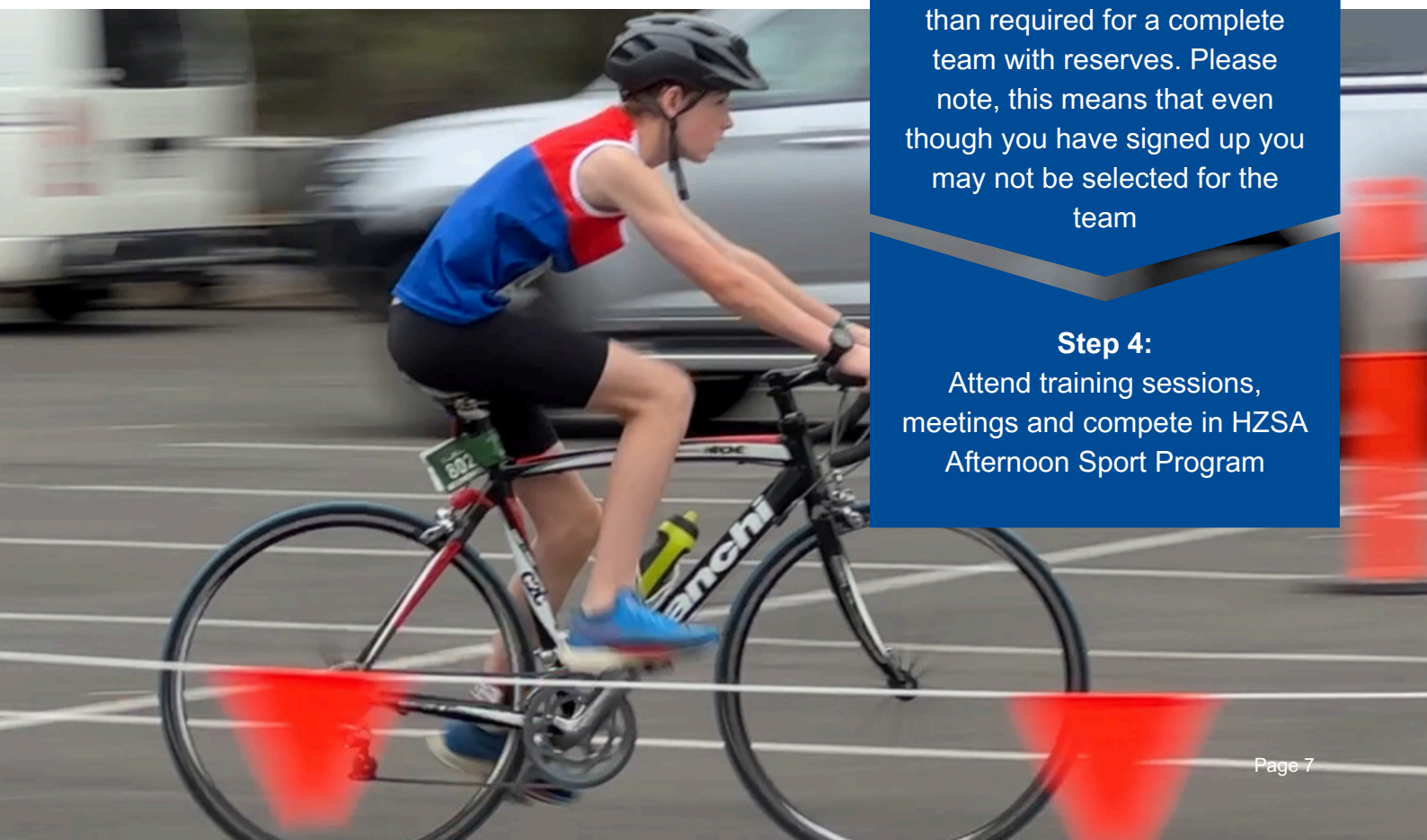
Team is entered into HZSA competition (based on sign ups)

Step 3:

Final trials for teams occur if more players have signed up than required for a complete team with reserves. Please note, this means that even though you have signed up you may not be selected for the team

Step 4:

Attend training sessions, meetings and compete in HZSA Afternoon Sport Program



HZSA Team Sports Available in 2026

Boys Sport - Semester 1

Sport	Year Group	Venue	Game Day / Time
Basketball	7 & 8	Home & Away	Tuesday 4:00pm / 4:45pm
Basketball	9 & 10	Home & Away	Thursday 4:00pm
Basketball	11 & 12	Home & Away	Thursday 4:45pm
Football	7	Valentine Park, Hills Grammar and School Venues	Thursday 4:00pm
Football	8 & 9	Valentine Park, Hills Grammar and School Venues	Wednesday 4:00pm
Football	10, 11 & 12	Valentine Park, Hills Grammar and School Venues	Monday 4:00pm

Girls Sport - Semester 1

Sport	Year Group	Venue	Game Day / Time
Futsal	7, 8 & 9	The Centre, Dural	Tuesday 4:00pm
Futsal	10, 11 & 12	The Centre, Dural	Tuesday 4.45pm
Netball	7	Kellyville Netball Courts	Monday 4:00pm
Netball	8 & 9	Kellyville Netball Courts	Monday 4:00pm
Netball	10, 11 & 12	Kellyville Netball Courts	Monday 4.45pm

HZSA Team Sports Available in 2026

Boys Sport - Semester 2

Sport	Year Group	Venue	Game Day / Time
Volleyball	7, 8, 9, 10 & 11	School Venues	Monday 4:00pm / 4:45pm
Cricket	15s	Home and Away	TBA
Cricket	Opens	Home and Away	TBA
Futsal	7 & 8	The Centre Dural	Tuesday 4:00pm / 4:45pm
Futsal	9, 10 & 11	The Centre Dural	Monday 4:00pm / 4:45pm
Touch Football	7 & 8	Hills Grammar	Wednesday 4:00pm
Touch Football	9, 10 & 11	Hills Grammar	Wednesday 4:45pm

Girls Sport - Semester 2

Sport	Year Group	Venue	Game Day / Time
Volleyball	7, 8, 9, 10, 11	School Venues	Monday 4:00pm / 4:45pm
Basketball	7 & 8	Home and Away	Wednesday 4:00pm
Basketball	9, 10 & 11	Home and Away	Wednesday 4:45pm
Football	7 & 8	Valentine Park, Hills Grammar & School Venues	Monday 4:00pm
Football	9, 10 & 11	Valentine Park, Hills Grammar & School Venues	Thursday 4:00pm
Touch Football	7 & 8	Hills Grammar	Tuesday 4:00pm
Touch Football	9, 10 & 11	Hills Grammar	Tuesday 4:45pm

Individual Sport Representation

AICES & NSW CIS Nominations & Trials

Students are invited to nominate for AICES and NSW CIS sport representation. Trials are highly competitive and usually held for Open or U15's.

Nomination and trial dates are published in the weekly Sports Scene. The Head of PDHPE & Sport P-12 also emails students informing them of upcoming nominations and trials for the fortnight ahead.

Please note, entry submission is not guaranteed. The College will only support the nomination of students who are competing at a reasonably high representative level in the sport. Evidence may be requested.

For Swimming, Cross Country, Athletics and Touch Football, students naturally progress based on carnival rules and their performance at the relevant carnival.

It is important for students and parent/carers to understand that not all students are able to nominate for sport trials.

There is a CIS levy for students nominating to trial at this level that is passed on by the College to the student's family. The levy fee is approximately \$34.00.

Some Sports Offered

- AFL
- Basketball
- Cricket
- Diving
- Football
- Hockey
- Netball
- Rugby Union
- Rugby League
- Softball
- Tennis
- Volleyball

A full list of sport nominations on offer to students is outlines in the Sports Scene and on the HZSA website www.hzsa.com.au.

Nomination Process

Step 1:

Check the Sports Scene or email from the Head of PDHPE & Sport P-12 for nomination information

Step 2:

Email the Head of PDHPE & Sport P-12 via sport@arndell.nsw.edu.au an expression of interest
Student to include:

- Name
- Age
- Sport nominating for
- Representative history

Step 3:

Application is assessed and a discussion with the Head of PDHPE & Sport P-12 regarding representative history will take place

Step 4:

Nomination is submitted

Step 5:

If the student is successful, the will be notified by representative body email detailing trial details

Step 6:

Parent/carers to transport student to the trial



Other Sport Pathways

Interschool Championships

A small number of sports - including Equestrian, Snow Sports, and Mountain Biking - are recognised as College sports but sit outside our usual association pathways of HZSA, ACIES and CIS. These sports fall within the Interschools Championship pathway, where students register and represent the College in the nominated sport.

Students are encouraged to participate in these events; however, the following nomination process must be followed:



For all Interschool Sports, parents/carers are required to complete an Application for Extended Absence or Exemption Form. This ensures the College is aware that student is registered for the event and they are not marked absent. [Click here](#) to access the Form.

Nomination Process

Step 1:

Parent/carers to register their child via the relevant sport website or registration process.

Step 2:

Parent/carers to notify the below contact:

Equestrian

Miss Imogen Thew
equestrian@arndell.nsw.edu.au

Snow Sports

Mrs Astrid Horvath (Parent)
ahorvath@ccomcorp.com.au

Mountain Biking

Email the College Events & Sport Coordinator
sport@arndell.nsw.edu.au

Other Sports

sport@arndell.nsw.edu.au

Step 3:

Parent/carer to apply to the College for Extended Leave (if applicable) - [Click here](#) for forms.

Step 4:

Parent/carers to transport student to the sport.

Step 5:

Parent/carer to apply notify the event contact of results and send photos for social media in the week after the event.

Sport & Training Expectations

The College Sport Program is broad, exciting and encourages each student to develop a full range of personal, interpersonal and team skills. The Program challenges each student to respect themselves and to respect others.

All students in Year 7 to Year 12 are encouraged to participate actively in the College Sport Program. When nominating for a sport, all students must understand the commitment they are making, this includes:

- attendance at all training sessions except if injured or sick,
- attendance at all games, both home and away for the entire season, and
- upholding the Sports Code of Conduct (outlined in this booklet).

Notifying Absences from Training or a Game

If a student is unable to attending a training session or a game, they are to email the coach and the Sports Administrator sport@arndell.nsw.edu.au with as much notice as possible.

Transport & Student Collection

Transportation details are outlined in the Information Note attached to the Event Permission on the College App and Parent Portal. Generally, the College provides transportation via mini buses or charter buses to and from the College for weekly sport fixtures.

In some cases, students will need to be picked up from the venue by a parent/carer. This will be noted on the Information Note attached to the Event Permission on the College App and Parent Portal.

Staff are required to, as part of their duty of care, remain with students until they are picked up. We kindly ask that they be picked up promptly.

If parent/carers wish to collect their child from the sporting venue at the end of a game they must notified a College staff member in person before leaving the venue. Please note, buses will leave promptly from the venue. If a parent/carer has not arrived before the scheduled departure time, the student will return to the College on the bus.

If a student wishes to travel independently to the venue or leave without a parent/carer or with another parent, email permission must be provided prior to the event. Without this authorisation, the student will not be permitted to leave on their own or with someone other than their parent/carer. Parents are welcome to collect their child directly from the venue, notifying the staff member in charge upon departure. Please ensure this is followed.



Uniform Requirements

Basketball:	College basketball singlet, College sport shorts, College white sport socks with blue and red stripes and athletic shoes.
Football (soccer):	College football jersey, College sport shorts, College football socks, football boots and shin pads.
Futsal:	College football jersey, College sport shorts, College football socks, athletic or futsal shoes and shin pads.
Netball:	Netball Tunic (supplied by the College and to be returned at the end of the Semester), bloomers (supplied by the College PDHPE team and billed to the student's Term Fees approx. \$25.00), College white sport socks with blue and red stripes and athletic shoes
Touch Football:	College football jersey, College sport shorts, College football socks and football boots.
Volleyball:	College football jersey, College sport shorts, College white sport socks with blue and red stripes and athletic shoes.
HZSA Swimming	College Sport Uniform with PE shirt (navy shirt), girls College swimming costume (available from the College Uniform shop), boys to wear navy or black swimwear, swimming cap supplied by the College and returned at the end of the day.
HZSA Cross Country & Athletics	College Sport Uniform with PE shirt (navy shirt), College singlet supplied and returned at the end of the day.

Uniform Return Process

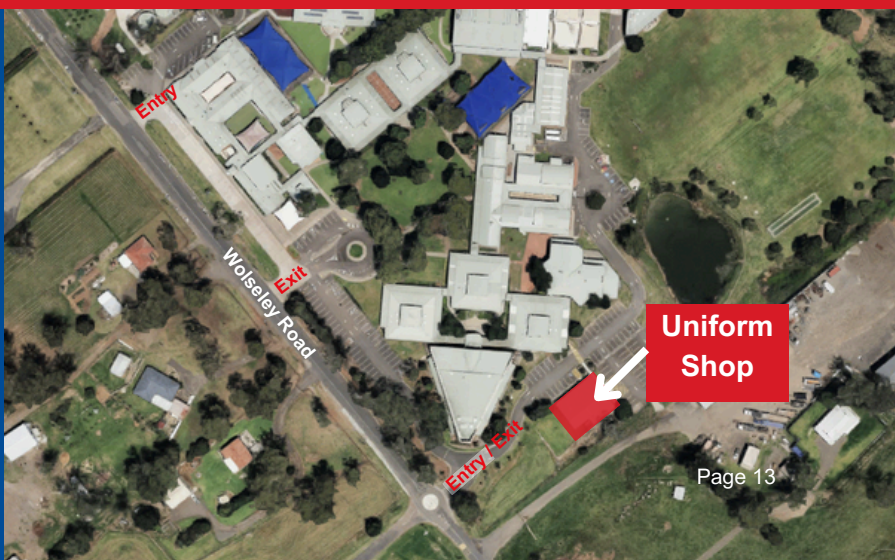
College supplied uniform items must be returned promptly at season's end or when requested by the coach. Failure to return the uniform item will result in a replacement fee equivalent to the cost of the garment being charged to the student's Fee Account.

The Uniform Policy can be found on the College Website:
www.arndell.nsw.edu.au/parent-information/uniform-policy-shop/

Uniform Shop

Monday: 8:00am - 12:00pm
Wednesday: 12:00pm - 4:00pm
Friday: 8:00am - 12:00pm

arndell@noone.com.au
Phone: 4572 3254



Sports Code of Conduct

Students

Students are expected to commit to their sporting teams and turn up to all games, team meetings and training sessions. Teams are entered to HZSA based on student commitments at sign up.

At sporting carnivals, training sessions or other sporting competitions, whether competing, supervising, coaching or spectating, students must:

- display positive and encouraging attitudes towards own team members and the opposition,
- use positive, encouraging language only,
- wear the correct sports or team uniform when representing the College,
- compete according to the rules,
- respect and abide by all decisions of teachers and officials without argument or insolence,
- seek clarification on any ruling only through the captain and in a respectful manner, and
- shake hands with opposing teams and thank all officials at the end of the match.

Parents/Carers

Parents/carers are welcome to be involved in ways that suit their family commitments. If any parent holds a refereeing qualification and wishes to participate, they are to email sport@arndell.nsw.edu.au with there qualifications, Working With Children Check number, and date of birth prior to the event starting.

We will encourage all parents/carers to support their child's involvement in the College Sport program by attending sporting events.

Parents/carers should also support their child's co-curricular activities by providing the necessary equipment and assisting with attendance at scheduled events, such as Gala Days, carnivals, and training sessions.

For further involvement in our College Sport program, Parents are to email Head of Sport /PDHPE, at sport@arndell.nsw.edu.au Acceptance of your enquiry or qualification will be determined at the discretion of the College.

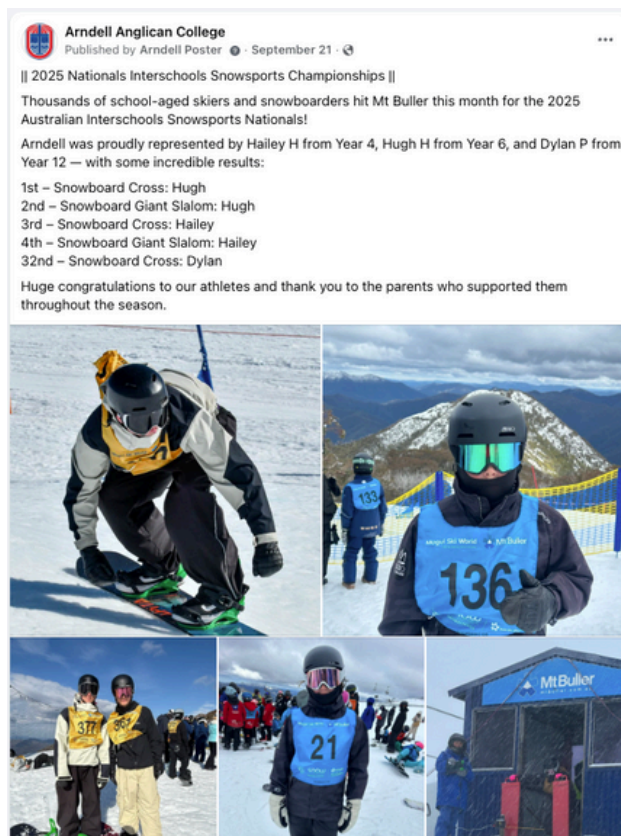




Student Achievements

We love celebrating the achievements of students who represent Arndell in sport. Parents/carers are welcome to share their child's Arndell-affiliated sporting accomplishments by submitting a brief paragraph and a photo to sport@arndell.nsw.edu.au. These may be featured on the College's social media channels and/or in the Yearbook.

Please note, from 2026 we are only able to promote achievements where students are officially representing Arndell, and not all submissions may be shared.





Sports Awards

Each semester, students are awarded for their sporting achievements for the following:

- Swimming, Cross Country and Athletics Age Champion and Runners Up
- HZSA, AICES, CIS, NSW All-schools Representation

The College recognises students who have represented the College in school pathway sports on Presentation Day. Students who have represented NSW and Australia in their chosen sport outside of the school sport pathway, are recognised by making the honour roll which may be posted on our social media. In order to be recognised for this, students are required to supply evidence in the form of a letter or email from the governing body of their sport recognising that they have been selected to represent NSW or Australia. The decision on whether this evidence is adequate is at the discretion of the College.



All feedback regarding sporting events should be emailed to the Head of PDHPE & Sport P-12 at sport@arndell.nsw.edu.au

Feedback & Review

We encourage parent/carer feedback as we aim to cultivate a positive partnership in the ongoing development of the College Sport Program. While the College strives for high organisational standards, open communication is highly valued. Feedback regarding events, carnivals, and other sports related activities is always welcome, as it helps us maintain and improve the quality of our programs.

To provide feedback, please send a polite email detailing the situation to the Head of PDHPE & Sport P-12 at sport@arndell.nsw.edu.au who will make every effort to address and monitor concerns as quickly as possible.



FAQ's

HZSA Afternoon Sports

Who can play Afternoon Sport?

Afternoon Sport is for Secondary Schools students (Year 7 to Year 12). Divisions vary depending on the sport. All students are welcome, but need to be aware that trials do occur in many sports which means they may miss out. Another avenue for sport includes the House competition (Inter-House Sports Cup).

What happens with trials for HZSA Afternoon Sport?

Trials only occur when absolutely necessary. Where possible, we aim to include all students who nominate for the HZSA Afternoon Sport Program. Where trials are necessary, they will occur in Week 2 – 3 of the Semester. This will be arranged with the coaches once teams are confirmed for entry and numbers are finalised.

What transport is provided?

The College provides minibus transportation to and from the venues, where possible. On the odd occasion, parent/carers may need to pick their child up from the venue. Students and parent/carers will be notified if this is required. Parent/carers are welcome to come to games and watch and then take their child home at the conclusion of the game, notifying a College staff member before doing so.

How do training days work for teams?

Each coach will arrange a suitable time for training with the team. Usually this will fall on the lunchtime of the day the game is played, however this is not always the case. Some coaches and teams opt for training either before or after school hours.

Representative Sport

How do Individual HZSA, AICES & CIS Trials work?

Most HZSA and AICES sports that have the option to trial individually are for either U15 or Open age groups.

Students in Year 7 should generally wait until at least Year 8 before considering trialling, though this is open to discussion with the Head of PDHPE & Sport P-12 depending on factors such as physicality of the player and representative experience.

For the Open age group, students are welcome to trial at HZSA level without representative history. For AICES level trialling, it is necessary for the student to have a representative level history in order to nominate and entry will then be considered by the Head of PDHPE & Sport P-12 for approval.

Most trials for AICES and CIS are full day trials. At HZSA level they are usually after school commencing at 4:00pm. These trials are usually held at schools or specialised sporting venues.

Are there costs involved?

Most AICES sports do not cost anything.

The nomination fee to trial for CIS is approx. \$34.00.

Students who make HZSA, AICES or CIS teams are able to purchase sporting gear such as jackets, polo shirts and tracksuits. Any fees incurred through HZSA, AICES and CIS will be billed to the student's Term Fees following the event.